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Patient instructions for the self-collection of VRE swabs

General instructions

Before you start:

- wash hands thoroughly with soap and water
- avoid touching the swab tip to anything except the area being sampled
- after collection, place the swab back into the tube and secure it
- label the swab with:
 - your first name and surname
 - your date of birth
 - site of the sample collect (e.g. groin, perineum, anal)
 - date and time of the collect

This procedure requires the collection of a sample from your anus.

How to collect the sample

1. Find a comfortable position (e.g. standing with one leg raised, sitting on the toilet, or laying on your side)
2. Gently separate the buttocks
3. Insert the tip of the swab just inside the anal opening (about 1cm)
4. Gently rotate the swab 2-3 times to ensure good contact
5. Carefully remove the swab without touching the outside area

After the collection

1. Snap the tube on the blue line to shorten the swab
2. Gently place the shortened swab into the tube, being careful as this has a liquid solution in it
3. Tighten the tube lid firmly
4. Wash your hands
5. Place the sample inside the biohazard bag, then seal the bag
6. Return the sample to the clinic as instructed (usually within 24 hours)